

**Disclaimer: These are all just opinions of current students! Feel free to still reach out to others for second opinions and further advice.**

Question	Answer
<p>Is it a bad idea to take my MCAT then take 1 or 2 gap years?</p>	<p>As long as it will be valid for the schools you are interested in, I do not think it is bad. The MCAT score I used to apply was a couple of years old.</p> <p>Absolutely not! I ended up taking it before my senior year of college and then took 2 gap years. Most schools take MCAT scores within the past 2-3 years, so just be sure to check the schools you're interested in.</p> <p>I took the MCAT the summer after junior year of college and took a gap year after graduating. Nothing wrong with taking gap year(s), just make sure that your score won't expire before you apply. If you anticipate a years-long gap between college graduation and applying to medical school, you may consider taking the MCAT later so as not to take it, have the score expire, and need to take it again.</p>
<p>Do you have to submit all of your MCAT scores/every test you have taken or do you just submit which ever score you feel the best about?</p>	<p>Every MCAT you take will be reported on your AMCAS application.</p>
<p>Do you feel that if your GPA is not competitive having a high MCAT can show your readiness/ ability level?</p>	<p>Answered in the video recording.</p>
<p>How important is having research experience and/or publications to medical schools when applying?</p>	<p>Answered in the video recording.</p>
<p>Are withdraws from undergrad classes that show on your transcript frowned upon and a deciding factor on whether you are accepted into medical school, even if you have retaken the classes and done well on them the second time around?</p>	<p>Answered in the video recording.</p>
<p>Does it give your application a disadvantage by not having your MCAT score ready before you complete/turn in your application?</p>	<p>Answered in the video recording.</p>

<p>I heard that if I showed I had interest in scientific research, and written papers about research for instance, that suffices as research if I'm well rounded. Where could I indicate that when applying?</p>	<p>Answered in the video recording.</p>
<p>Is taking anatomy/physiology helpful for the MCAT?</p>	<p>I personally found it really helpful - I took all of the physiology classes that my university offered and found that it gave me a really strong foundation for the biology content on the exam.</p>
<p>Does CU also require the Casper test? If so, what's the best timeline to take it</p>	<p>Thank you for your question! We will be going into further detail on Casper in our January session! CU does require it.</p>
<p>If most of your clinical hours/shadowing is in one field, like thousands of hours assisting in surgery, would it be recommended to shadow or work in a different field of medicine to show diversity in clinical experience?</p>	<p>Answered in the video recording.</p>
<p>How does CU Anschutz define an excellent applicant?</p>	<p>Answered in the video recording.</p>
<p>How long does it take to look over one application and make a decision?</p>	<p>Answered in the video recording.</p>
<p>Where can I find some examples on where to log volunteer hours and research, stuff like that?</p>	<p>When you apply, there will be an activities section of the primary application which is where you put these activities.</p> <p>Here is the AAMC page on activities! <a href="https://students-residents.aamc.org/how-apply-medical-school-amcas/section-5-amcas-application-work-and-activities">https://students-residents.aamc.org/how-apply-medical-school-amcas/section-5-amcas-application-work-and-activities</a></p> <p>Here is the list of possible categories: <a href="https://www.shemmassianconsulting.com/blog/amcas-work-and-activities">https://www.shemmassianconsulting.com/blog/amcas-work-and-activities</a></p> <p>For logging hours before applying, I ended up using my resume to keep track of the things I was doing and how much time I was spending - there ends up being a lot of mental math around application time to come up with specific numbers, so the more detailed you can be during college the easier it'll be to pull up those numbers later on.</p>

<p>As a third-year undergrad, who is currently in their first semester of organic chemistry and has not taken a biochemistry class yet, when would you recommend I begin taking practice exams?</p>	<p>I think I started taking practice exams 2-3 months before my scheduled MCAT.</p> <p>It really depends on the person and how much time you think you will need to study. Don't start too early and burn out!</p>
<p>What is the deadline for submitting a primary application?</p>	<p>Each school will have a specific application deadline for the primary application and then a separate deadline for the secondary application. Please look at the specific schools you apply to in order to find their deadlines for each application (primary and secondary).</p>
<p>Was there anything on your applications that you felt made your application feel strong?</p>	<p>Answered in the video recording.</p>
<p>Do we include volunteer hours from high school as well as college? Or impactful stories from volunteering in high school?</p>	<p>I think they generally recommend phasing out high school activities unless they are particularly impactful. The majority of your entries should be college related.</p> <p>If they start in HS and continue through to college and beyond then you can (and should) mention those because they highlight continuity of activity/service which is a great thing to exhibit.</p>
<p>Could you share your study schedules? Would you recommend studying over a longer period of time (having a full-time job but studying around 8 hours a week) for 5 months vs studying as a full-time job for a shorter period of time?</p>	<p>Answered in the video recording.</p>
<p>Does everyone take the MCAT in the same room or is everyone separated during the exam?</p>	<p>Answered in the video recording.</p>
<p>Please feel free to reach out to:</p>	<p>Dr. Krista Walker - Director of Office of Diversity and Inclusion at CUSOM – Krista.walker@cuanschutz.edu</p> <p>Dean Jeffrey SooHoo - Associate Dean of Admissions at CUSOM - jeffrey.soofoo@cuanschutz.edu</p>